UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | SPORTS MEDICINE INSTITUTE

Proximal Hamstring Repair

Phase I (weeks 1-6)

- **Avoid active knee flexion x 6 weeks.**
- Non-weightbearing x 2wks, then Toe Touch Weightbearing through week 6, progress off crutches weeks 6-8 unless notified differently upon follow-up
- PROM of knee with prone knee flexion from 30°-full flexion as tolerated. No limits on knee PROM after 2 weeks.
- Discontinue brace after 2 weeks.
- Soft tissue or lymphatic techniques to flush fluid swelling from the hip. Progress to petrissage, myofascial or deeper strumming techniques after initial swelling and inflammation has subsided
- Gentle gastroc/calf pumps starting immediately, 10 reps bilaterally every hour while awake.
- Initiate gentle isometrics of glutes, transverse abdominals

Phase II (weeks 7-12)

- Progress off crutches addressing normal gait pattern
- PROM knee extension and hip flexion
- Initiate core pelvic strengthening
- Initiate isotonics in limited ROM, avoid terminal range of extension
- Initiate no resistance stationary bike, 10 minutes initially
- Aquatic walking with MD clearance

Phase III (weeks 13-16)

- Full PROM/AROM & gentle stretching
- Initiate resistance stationary bike
- Initiate isotonic strengthening progressing to closed chain strengthening as tolerated
- Progress to full activities at 16 weeks